When Christmas break ends and winter sports begin to simmer down, its time for the lady cougars to dust off their lacrosse sticks and prepare for intense tryouts. JV lacrosse tryouts begin February 13, and with a new cut policy in place, the pressure is on for these ladies to sharpen their skills.

Tryouts consist of drills and running under the watchful eye of coach Jamie Collins, but according to past players, skills aren’t the only thing she is looking for during tryouts.

“Being on the women’s lacrosse team means that you are a player who works hard, has good stick skills, a good attitude, and who shows up on time to every practice. You have a commitment to the team and you can’t let your teammates down,” said sophomore Brittany Zavatsky.

In addition to attitude, skills are the key to securing one of the thirty slots on the team.

“I run every night, do planks and lunges, and practice at home by playing ‘wall ball.’ I’m hoping that with all of this training that I will be able to show what I have to offer on the thirteenth,” said sophomore Giannina Giamatti.

When the rumor got around that girls were going to be cut this year, some wondered if they would be ready in time for tryouts.

“With the new cut policy I am definitely nervous. Because there is not much time before tryouts, I am definitely pondering whether I should try out or not,” said sophomore Caitlyn Dest.

In contrast, some students feel that the cut policy has given them more motivation to make the lacrosse team. Several athletes play on traveling teams year round and sign up for the preseason workouts.

“Cuts make me extremely nervous but they also make me want to try harder. I run miles with my friends after school to keep in shape and so if I make the team, it will feel so much more rewarding than if there weren’t cuts,” said freshman Emily Prys.

Although polishing skills and keeping good a attitude don’t guarantee a spot on the team, the girls continue to hope.

“Well the way I think of it is that all of the really good players will go to varsity, so hopefully that will open up a slot for me. I’ve been playing since seventh grade but I’m still unsure if I am going to make the cut. I’m just going to keep on training really hard and I guess we’ll see what happens!” said sophomore Kristen Kornbluth.